



Lahsun (Garlic)



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Lasuna (Garlic): Lasuna (Garlic) or *Allium Sativum* is a nerve stimulant and revigorating tonic that has been famous for its value in cases of sexual weakness. It has also been experienced lately for cases of nervous debility. The extract of *Allium sativum* bulb and compound research possess pharmacodynamic properties. The extract of garlic was established to have an important protective action next to a fat induced raise in serum cholesterol and plasma fibrinogen and in fibrinolytic activity. The volatile oil contain allicin (diallyl thiosulphinate), an lively odorous principle in Lasuna (Garlic).

Hindi Name: Lahson
Botanical name: *Allium sativum*
Family name: Liliaceae
Commercial part: Bulb

Spice Description

Because of modern lifestyle and eating habits, the cases of cholesterols and heart diseases have increased significantly. The heart is our main organ and that is at danger all the time. Various plaques, hypertension, ischemic conditions etc are just like hanging swords over our vital organ. Garlic has been used as best anti-cholesterol herb worldwide. Apart from its well-known aphrodisiac action, it also reduces lipids and bad cholesterols from the blood and hence protects our heart from heart attacks. If taken over the times, it can noticeably dissolve the plaques from the coronary arteries ensuring the free-flow of the blood to the organs like heart.

Plant Description and Cultivation

Garlic is normally grown by planting out separate cloves during September to October in the lowlands and between February and March in the hills. Bulbs begin to form after about two months. Harvesting takes place 3 to 4 months after planting, when the leaves start turning yellow and begin the dry up. Bulbs are transported in bunches or in crates.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



Culinary Uses of Garlic

Garlic can be used raw or slightly cooked. The best method is to crush and set it aside for ten to 15 minutes; this method releases allicin, which is anti-fungal, and allows the healing properties to develop fully. Garlic is commonly used as food for seasoning and flavoring in soups, sauces and pickles. It is used in combination with almost every food in Italy and Spain. In India, a paste of garlic and ginger is commonly used in the preparation of dishes.

A bulb which is the size of a small onion, the garlic has a number of health benefits because of its medicinal and therapeutic properties. It is an antiseptic and used to treat infections, boost the immunity, prevent cancer and degenerative diseases and is good for the digestive and respiratory systems. It can be consumed as an ingredient in dishes, and also as pills or capsules. Garlic has many uses other than culinary, and is popular in home remedies.

An interesting fact is that if garlic is rubbed on the soles of the feet, in a few minutes it can be smelt on the breath. This is because garlic oil passes through the skin into the blood; the blood in turn carries it to the lungs, and some escapes through the breath.

Health Benefits of Garlic

Due to its medicinal properties, garlic has many health benefits. It boosts immunity and wards off colds and coughs, including whooping cough. It is used in combination with honey for sore throat and colds. It is also beneficial in asthma and respiratory problems.

Garlic retards the growth of tumors and prevents cancer. It also prevents degenerative conditions related to diabetes like kidney problems and retinopathy. Moreover, it detoxifies the liver, boosts digestion and prevents acidity. It also helps to expel worms.

Garlic lowers blood pressure naturally by slowing the production of hormones that cause blood pressure. It also dilates the blood vessels, making it easier for the heart to pump blood through the arteries. This property makes garlic invaluable for lowering blood pressure as well as preventing cardiac problems. It contains compounds that stimulate the release of bile from the gall bladder. This in turn decreases the production of cholesterol in the liver, thus reducing LDL and keeping the heart healthy.

Due to its healing properties, garlic is useful for skin infections like athlete's foot, abrasions and acne. It removes toxins and revitalizes the blood. It is said that garlic improves memory.

Lahsun (Garlic) in Other Languages

Name in International Languages

Spanish:	Ajo
French:	Ail
German:	Knoblauch
Swedish:	Vitlok
Arabic:	Thum
Dutch:	Knoflook
Italian:	Aglio
Portuguese:	Alho
Russian:	Chesnok
Japanese:	Ninniku
Chinese:	Suan



Medicinal Properties of Garlic

The contents of garlic endow it with preventive and curative properties. It has vitamins and minerals and helps the body to absorb other vitamins. It is particularly rich in vitamin B6, and is also high in iodine. Vitamin C and selenium are antioxidants and anti-carcinogenic.

Garlic has anti-bacterial properties and works as an internal antiseptic. It contains sulfur, which is an antiseptic and has healing and therapeutic properties. Allicin in garlic has anti-fungal and medicinal properties. The garlic has been a treasured medicinal plant through the ages, as it binds toxic minerals and heavy metals like lead and cadmium and aids in their expulsion. Garlic can kill germs resistant to antibiotics. The body is also able to convert garlic to alkaline ash during digestion.

History of the Lahsun (Garlic)

Garlic or lahsun has a very long folk history of use in a wide range of ailments, particularly ailments such as ringworm, Candida and vaginitis where its fungicidal, antiseptic, tonic and parasitocidal properties have proved of benefit. The plant produces inhibitory effects on gram-negative germs of the typhoid-paratyphoid-enteritis group; it possesses outstanding germicidal properties and can keep amoebic dysentery at bay. It is also said to have anticancer activity. Garlic reduces glucose metabolism in diabetics, slows the development of arteriosclerosis and lowers the risk of further heart attacks in myocardial infarct patients. Externally, the expressed juice is an excellent antiseptic for treating wounds.

Preparation and Dosage

For best results, fresh garlic or preparations that mimic it need to be used. Dried or cooked garlic, as well as garlic oil, lose a significant amount of potency during processing (though they aren't worthless and are still beneficial to eat as food). Preparations used for medicinal purposes should state that they have allicin potential of at least 6,000 mcg on the label. Alternately, eat one chopped clove of fresh garlic per day. (The fresh garlic that has been peeled and sometimes minced and sold in jars in the grocery store is not potent enough.)

Good quality garlic supplements list the "allicin potential" they contain and not a certain amount of allicin. This means that when the supplement gets to the stomach, it releases 6,000 mcg of allicin, the pungent chemical that accounts for garlic's sharp flavor. The supplements do not contain actual allicin, because this compound is extremely unstable and quickly breaks down. Instead, good garlic supplements contain alliin, the stable precursor to allicin. It is released only upon digestion, so your body can make the best use of it.

Storage

Store garlic in a cool, dark, dry place with good air circulation. Check on it occasionally, and remove any cloves that have gone bad, being careful not to nick the remaining cloves.

Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.



Packaging

We also provide reliable packaging of the Lahsun (Garlic) and other Garlic indica products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of Garlic and Garlic products which includes green Garlic powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years



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